



RSIP plan updates:

**New Wellnomics
Reporting Tool and CBT**

**Safety Topic of the Month
Richmond Refinery**

March 2011

RSIP Awareness

The purpose of this Safety Topic of the Month is to provide general information related to our Repetitive Stress Injury Prevention Plan.

- Reminder of key causes of RSI's,
- Provide guidance on how to install Networked WorkPace and access the new Wellnomics Reporting Website,
- Instructions for our RSIP CBT for Gil Workstation Users, and,
- Provide resources for Gil workstation users.

Call the
Richmond Refinery
Ergo Hotline to report
discomfort:
242-3746

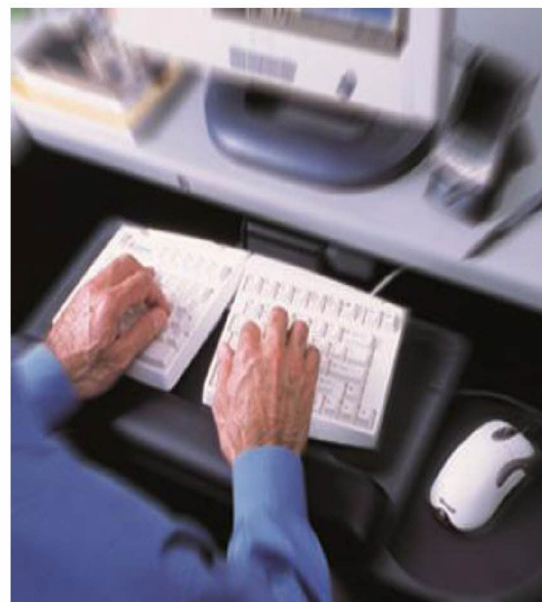


Key Causes of RSI's

Did you know?

Even though they are called Repetitive Stress injuries, repetition is one of the least significant factors in the office. Key factors include:

- Static/sustained postures
 - Lack of movement is the real problem
- Awkward postures
 - Can be behavioral or equipment related
- Personal Factors
 - Physical Fitness/Capacity
 - Health issues (smoking, circulatory issues, stress)



If static and awkward postures are key causes of RSIs...



Your workstation can be a productive and healthy place. Make the best use of the tools we have to promote circulation and neutral postures.

1. Make sure you have the networked version of WorkPace installed on your computer. Call the ERGO hotline for instructions, [or click here for instructions.](#)
2. Personalize your breaks... Create your own exercises and stretches, follow the WorkPace Breaks, or participate in Fit Breaks – hosted by the fitness Center Staff.
3. There are many other ways to make sure you stay healthy at your workstation... [visit the Richmond RSIP website.](#)



Wellnomics WorkPace Software and Office Conditioning exercises are designed to remind you to stay active and in neutral posture.

Name of Exercise	body part	Image
	Purpose Description	
The Wall Crawler	Shoulders and arms Warm Up your body and increase blood flow. Reach one arm as high as you can over your body, while the other arm rests. Repeat 10 times	
	Shoulders, forearms, wrists, hands, and fingers Gently stretch the forearm, wrist, hand and fingers. Reach both arms simultaneously behind your body at shoulder level. Reach your hands back, reach your fingers back. Feel the gentle stretch.	
Happy Sunshine		

Wellnomics Reporting is the designed to monitor risk and training.



The new **Wellnomics Reporting Website** link can be found on the Ergo RSIP home page – under the HES tab.



Have you visited the new Wellnomics Reporting Website yet? Every person who uses a Gil Workstation (more than one hour per day or five hours per week) is required to complete annual RSIP training. The Active Learner process will prompt you when your training is due. [Please follow all instructions.](#)

Personalized RSI risk reports can be viewed from the Wellnomics Reporting Website. Objective risk is determined by your workstation habits – how many breaks you are taking, key board use, and mouse clicks.

[Visit the Wellnomics Reporting Website – Click here](#)

Annual RSIP Training. Read and follow all instructions before you begin.



Getting Started on Your Wellnomics RSIP CBT

- Log into Active Learner when your RSIP training requirement is due.
- Read all instructions and then complete three RSIP Modules:
 - ▶ Posture and Workstation
 - ▶ Discomfort
 - ▶ Ergonomics Training
- After completing your assessments, review and implement the recommendations listed in your personalized Assessment Reference Point (ARP) risk results.
- If your ARP places you at medium or high risk, we ask that you schedule a workstation evaluation by calling the ERGO hotline at 2-ERGO (3746).



RSIP changes

The three training modules will take about 30 minutes to complete –the same amount of time as our last RSIP CBT.

Although we are updating our assessment and WorkPace software packages – the material is similar to what we already know about proper workstation alignment, and healthy habits.

If you have questions about the new software package or the RSIP CBT, please call Carrie Medved, 242-2636, or the Ergo Hotline, 242-3746.

Importance of RSI Prevention

- RSI's are preventable.
- No one is immune to RSI's.
- RSI's don't happen overnight.
- Reporting discomfort early is one of the most important things you can do to prevent injury.

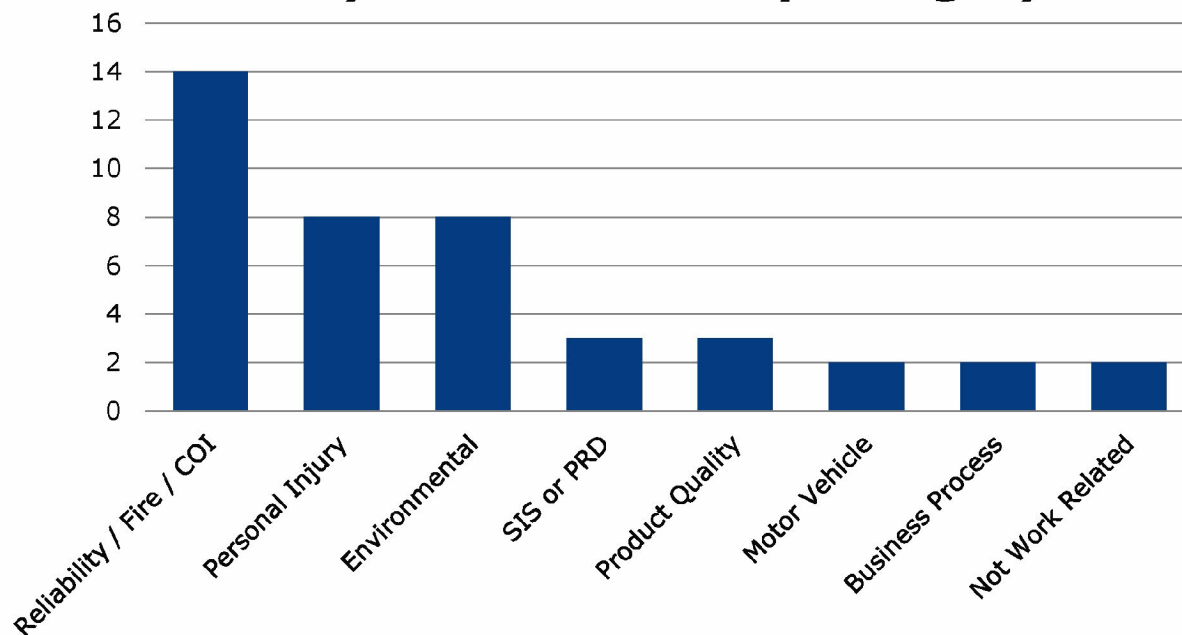
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Near Loss Update



January Near Losses - By Category



Quick Win

After a report that people were driving the wrong way on Toluene Street:

- 2 problems were found with signs
- PPS will be monitoring driving



Review TOP Lessons Learned

Learning from our past incidents will help us prevent them in the future. Please take a few minutes now to review the TOP lessons learned.

TOP Lessons Learned

